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NEW COMMUNITY CLARION

SERVING THE PEOPLE OF BABYLAND - St. ROSE OF LIMA & NEW COMMUNITY

VOL. 3 NO. 5

NEWARK, NEW JERSEY

JULY, 1985

The Sandwich Shop Provides A 'Pick Me Up' Any Day Of The Week

Imagine starting the day in a comfortable upholstered booth with stained glass windows glowing in the splash of early morning sun, a nice hot cup of freshly brewed coffee close at hand and a stack of pancakes sending its fragrance up to wake the senses. Put into that picture two eggs, ham, bacon or sausage and you have a working person's breakfast at the Sandwich Shop in St. Joseph's Plaza. Our grillman makes an excellent omelette or french toast, too. What a great way to start a day!

Of course another nice part of this picture is the location of St. Joseph Plaza, right in the hub of Newark at 233 W. Market St., but in a quiet section with plenty of free parking and no hassle with traffic. It starts your day off gently.

If you are health conscious as well, both the Sandwich Shop and New Beginnings Health Spa at the Plaza open at 7 a.m., so there's even time for a workout before breakfast for members, with plenty of time to be on the job promptly. How about that for convenience!

Maybe you'd like to schedule a breakfast meeting but your place of work has no kitchen. A phone call to the Sandwich Shop (623-8001) will have a take-out order bagged and ready for pickup at a pre-determined time. Or maybe there's a lonely coffee pot at your office with no "and" to go with it. The Sandwich Shop can provide you with "and" in the form of delicious homemade buttermilk biscuits, fresh muffins which melt in your mouth, in a choice of bran, corn or blueberry, or perhaps a scrumptious danish or croissant which would fill the bill. We're just a phone call

away. Anything from a continental breakfast to the above mentioned Working Man's Breakfast can be ordered between 7 a.m. and 11 a.m. After that lunch orders are filled. Take-out orders are individually packed in styrofoam containers to keep contents either hot or cold as the case may be.

Service at the Sandwich Shop is prompt thanks to our grillman, James McIntyre who has 31 years of experience to offer. And Alma Major, Manager of the Sandwich Shop, has been in the business since 1967. They are both anxious to put the Sandwich Shop on everyone's list of where to go or where to call for a convenient, well prepared nourishing meal.

If you join us for breakfast at the Plaza, the ambiance of St. Joseph surrounds you even before you enter the door. The well groomed, nicely landscaped old brownstone building, radiates the feeling of caring, which is the result of New Community's careful planning and respect for the landmark church which has been a part of the lives of so many New Jersey residents in its 113 year history.

Lunchtime finds many people stepping into the plush carpeted atrium on their way to enjoy their midday break at the Sandwich Shop, but more and more people are also using our convenient take-out service. Enjoy a salad of shrimp, crab, tuna or chicken, or a hearty chef's salad, all freshly made in our kitchen at St. Joseph Plaza. Only top quality ingredients are used and extra lean beef goes into our half pound and quarter pound hamburgers. Potato salad, macaroni salad and cole slaw are also

our own recipes. A light house salad of lettuce, onions, tomatoes and cucumbers is available for those watching their calories.

For soup lovers our thick, homemade soups such as minestrone, split pea, or chicken vegetable can be a meal in themselves and have received rave reviews. A choice of two is available each day and varies during the week.

Anyone who has seen our scrumptious desserts knows that they are as good as they look. Tempting those weak in the willpower department are a moist, crunchy carrot cake with cream cheese frosting, a grand seven-layer chocolate cake and a smooth irresistible creamy cheese cake. On a day when willpower is strong you could manage to enjoy a delightful, refreshing fresh fruit cup.

The end of the day might also offer an opportunity to use our take-out service if you find you are working late, as many accounting firms do during tax season for instance. Or maybe you're on that 3 to 11 shift at the hospital and want to be sure of a well prepared meal around seven. We'll still be open (till 7 p.m.) so call around five o'clock and pick it up before we close.

The Sandwich Shop is here expressly to serve the Newark community. Our food standards are high and the quality and variety of foods are chosen carefully. If you would like to receive a full menu we can include one in our first order or drop it in the mail to you. Just give us a call.

Pay a visit to the Sandwich Shop at St. Joseph Plaza soon. It may well be the beginning of a lasting friendship.



Rain Go Away — It's Festival Day



The living fruits of God's creation make a happy sight as they parade through New Community on Festival Day.

NCC Health Care Expands Its Services

With its move to St. Joseph Plaza the NCC Health Care Center in affiliation with United Hospitals Medical Center has been able to expand its examining rooms from 2 to 6, and add special features of patient benefit as well.

For example, a new pediatric examining room accommodates the young patients of Dr. Ryals. In another examining room a whirlpool foot bath is being installed for patients of Dr. Frank, our podiatrist. In yet another examining room stress test equipment is waiting for installation. And a fourth examining room has Ear, Nose and Throat (ENT) equipment ready for installation.

The center averages about 300 pa-

tients a month, with certified medical assistants Beverly Bradley and Anna Clemmons keeping the files up to date for the eight doctors in attendance. In addition to their chart work they also screen patients as they arrive, and record weights and blood pressure for the doctors. Beverly Bradley even postponed her planned vacation to help the center move, said Connie Ford, assistant Vice-President in charge of Ambulatory Care Services for United Hospitals.

This summer, camp physicals for Fresh Air Fund Children are also being conducted at the Health Care Center.

The Home Energy Assistance pro-
(Continued on page 3)

City Council Approves Financial Agreement For New Community Estates

On Wednesday, June 5, 1985, the Newark Municipal Council approved a financial agreement which allows NCC to move ahead with its plans to build fifty-six (56) condominium townhouse units in the Central Ward.

Under the terms of the agreement, the City will use Federal grant funds to loan \$560,000 to NCC to be used for construction financing. When construction is completed, NCC will return the funds to the City. The City will then use the repaid funds to establish a \$10,000 shelter-cost subsidy trust fund for each purchaser.

The agreement is an important part of the sophisticated partnership which has been pieced together for this project. The major partners include:

1. New Community Corporation, which has been developing this project and whose affiliates Chelsea Construction Company will be the general contractor;
2. The City of Newark, which sold the land to NCC and is providing the financial package described above;
3. The State of New Jersey which is providing a seed loan through the Department of Community Affairs and permanent mortgage financing through the Housing and Mortgage Finance Agency; and
4. The federal Government which is providing grant funds to the City of Newark under the 1983 Emergency Jobs Act.

The project site is directly across Fourteenth Avenue from NCC's Extended Health Care Facility. The model units will be available for viewing later this summer.



THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

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Municipal Council Lauds New Community Efforts

City of Newark, N.J.

The Newark Municipal Council Hereby issues this Resolution

BE IT RESOLVED BY THE MUNICIPAL COUNCIL OF THE CITY OF NEWARK, NEW JERSEY, THAT IT DOES HEREBY RECOGNIZE AND COMMEND NEW COMMUNITY CORPORATION for

Its numerous contributions to the revitalization of Newark, particularly through the construction of badly-needed housing and the rehabilitation of sound old structures; and the Council does note that New Community Corporation, since its founding in 1968 by a small group of church and community leaders, has become one of the most productive organizations in Newark's history, and has steadily transformed portions of the Central and West Wards from slums and wasteland into attractive new neighborhoods; New Community has brought nearly \$100 million in federal, state and private funds into the city to build or rebuild some 2,265 units of housing for families, the elderly and handicapped, as well as day care and health facilities; it has found important new uses for an old hotel, a convent and the once abandoned St. Joseph Plaza, which has been made into a stunning office and restaurant complex; New Community is moving ahead with new condominium, shopping, recreation, social service, and employment projects, and its tireless leaders and staff continue to broaden and deepen its role as one of the foremost forces for good in the Newark of today, and one of the most resourceful builders of the Newark of tomorrow.

I HEREBY CERTIFY that the foregoing is a true copy of a resolution adopted by the Municipal Council at their regular meeting held May 15, 1985.

IN TESTIMONY WHEREOF, I have hereunto set my hand and affixed the Seal of the City of Newark, New Jersey, this 5th day of June, A.D., 1985.

Ralph T. Grant, Jr.
President, Municipal Council

George Branch
Councilman
Anthony Carrino
Councilman
Sharpe James
Councilman
Henry Martinez
Councilman
Donald M. Payne
Councilman
Ronald L. Rice
Councilman
Donald Tucker
Councilman
Marie L. Villani
Councilwoman

FITNESS FIRST

AT

* Weight Equipment

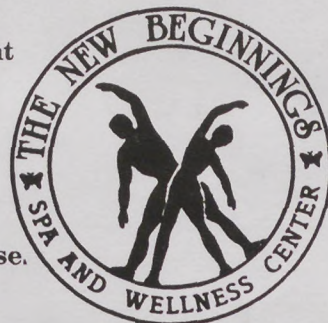
-Universal
-Paramount
-Nautilus
-Free weights

*Aerobic Dance Classe.

* Aerobic Equipment

-Treadmills
-Rowing machines
-Exercise bikes
-Arm machine

*Whirlpool & Sauna



*Initial and periodic fitness consultations
*Individualized exercise programs
*Risk factor reduction classes

*Stress management *Smoking cessation
*Nutrition & Weight Control
*Anatomy & Physiology Lectures

- Group membership rate available -
Visa Mastercard
Call 624-7373

New Beginnings Spa and Wellness Center

St. Joseph's Plaza
233 W. Market Street
Newark, New Jersey 07103

FREE TRIAL VISIT WITH THIS COUPON

NAME _____

ADDRESS _____

TELEPHONE _____

CALL 624-7373 For An Appointment

Computer Center Plan Being Finalized

The plan for the New Community Computer Center has reached a very important stage. Two finalists have been identified to provide the computer and necessary programs. Both finalists survived comprehensive requirements to reach this point in the analysis.

The hardware vendors are Hewlett Packard and Digital Equipment Corporation. The software vendors are The OPUS Corporation and Digital Information Systems Corporation, respectively. Both software firms are based outside of Washington D.C. in Maryland. Each has specialized programs for property management and financial systems. They also have technical staffing and training facilities.

The finalists were selected from a group of twenty, evaluated over the last year. The evaluation focused on growth capabilities, reliability, corporate capabilities/stability and conformity to the detailed user requirements outlined in the Request for Proposal (RFP). The finalists have submitted formal proposals, provided demonstrations, references and technical guidance.

The next stage in the computer project is a detailed comparative analysis of the finalists. This analysis will focus on the degree of customization required, contents and format of the reports and total cost.

James Rohrman
Systems Design Manager

NAACP Awards Dinner At Priory Restaurant

On Sunday, June 17th, the Newark Branch of the NAACP held their life membership awards in the Priory Restaurant, at St. Joseph Plaza. The evening's gala festivities included music from the Newark Community School of the Arts, dinner, and a formal awards presentation to honor those individuals who have chosen to participate in the life membership program. During the awards presentation, Sally Carroll, Co-chairperson of the NAACP Newark Chapter, congratulated the attendants for their loyal support. Ms. Carroll noted, "that the contributions of those par-

ticipating in the life membership program provided the economic foundation of the NAACP's continuing efforts to move forward nationally, the collective goals of the black community."

Distinguished guests in attendance included Mr. Keith M. Jones, President of NAACP Newark Branch, who similarly praised the conscientious support of the life membership honorees, and Edward B. Muse, Director of the Life Membership Division National office of NAACP, who assisted Ms. Carroll in the presentation of the awards.

Health Care Center

(Continued from page 1)

vides a one-time benefit for eligible households for which there is medically documented evidence that the health of at least one household member will be endangered unless the household's living quarters are cooled. With the assistance of Health Care Center doctors, seniors especial-



Anna Clemmons, Certified Medical Assistant, keeps patients charts up to date for doctors.

ly are examined and helped with this vital need.

To accomodate people who must work weekdays or who cannot come during the week, both Dr. Ryals, the pediatrician, and Dr. Frank the podiatrist have established Saturday hours. Appointments with Dr. Ryals can be made between 9 a.m. and noon for the 1st and 3rd Saturday of the month and with Dr. Frank between 9 a.m. and 11 a.m. for the 1st and 3rd Saturday.

The proximity of the New Beginnings Health Spa and Wellness Center will allow its use as a therapeutic modality, according to Ms. Ford. Stress testing will be done by appointment by Drs. Agarwal and Cuyjet, cardiologists, and an exercise prescription for the spa given. A medical advisory panel available through the Health Care Center in cooperation with the spa is also planned.

The NCC Health Care Center is for the use of anyone who lives or works in the Newark area. It accepts Medicare and Medicaid and has a sliding scale for 3rd party insurance. When necessary a payment plan can be established in special situations.

We at New Community are happy to have the services of these physicians available to minister to people in a competent, dignified manner.

Banquet Facilities Available At The Priory Restaurant

Amidst the gracious atmosphere of an old Gothic Church, parties are being catered in the elegant and spacious surroundings of the Priory Restaurant at St. Joseph Plaza. Groups of up to 134 people can be accommodated for banquets.

An Executive Conference Room is also available for smaller gatherings of up to 50 persons, such as seminars, retirement dinners, awards dinners or trustee meetings.

Service in both cases is professionally handled by a special catering staff.

For information or to make an appointment to see our facilities call Patrick Richards or Rich Rohrman at 623-2800.

Sandwich Shop In Experienced Hands

Alma Major and James McIntyre met recently at the Sandwich Shop at St. Joseph Plaza. They had a lot in common, for each had worked in the food area for many years.

Alma began work as the manager of the Sandwich Shop and Jim turns out excellent fare as her grill man.

Ms. Major was brought up and started work in the Bronx, N.Y. where she managed fast food chain stores such as Chock Full of Nuts, and Sutton and Chambers in Manhattan, as well as working for the New York firm called Reliable Catering. When she eventually moved to South Carolina in 1979 she was drawn again to work with food, running first the cheese department, then acting as deli clerk and finally assisting in the bakery and catering department of a popular food chain called Wynne Dixie.

It was while in South Carolina she began to feel homesick for her mother and sisters who still live in the Bronx. She longed to move North closer to New York. A friend told her about New Community and the employment possibilities which the new Sandwich Shop and restaurant presented and suggested she call for

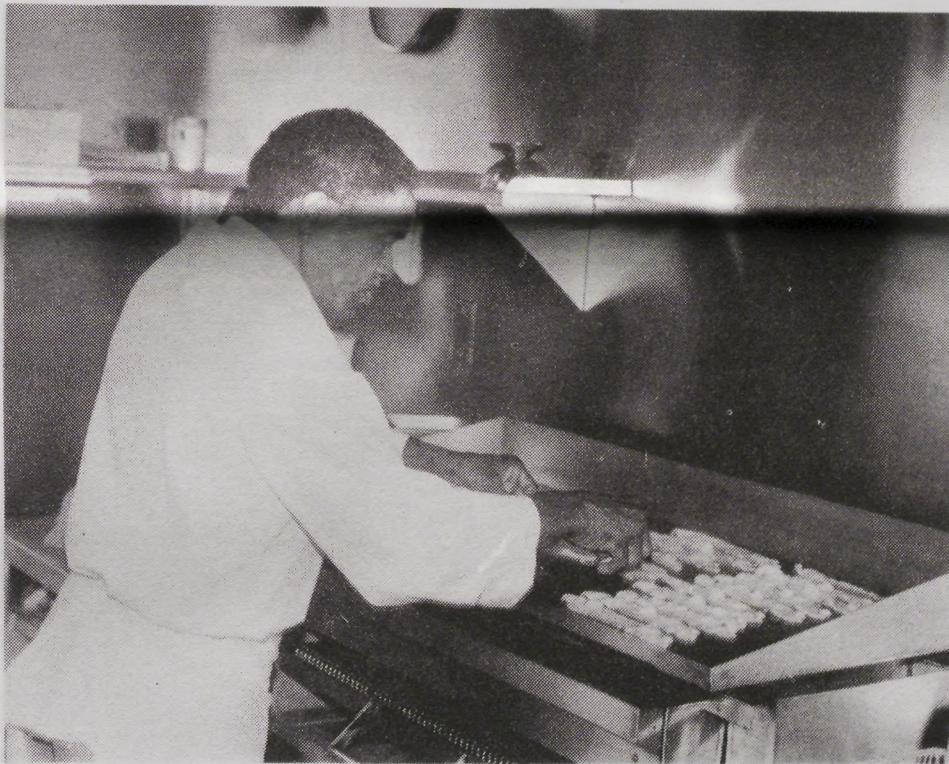
year old daughters, Katie and Sadie.

Mr. McIntyre worked for a while at Haddon Hall in Atlantic City, but after 11 yrs. in Atlantic City he moved to Newark. He has worked locally at Pal's Cabin in West Orange and at the Marriott in Woodbridge.

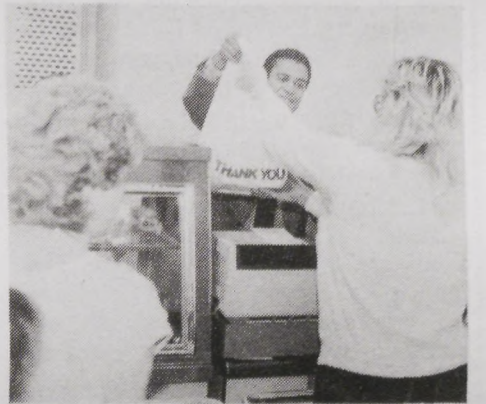
His most recent job required a car but when it was stolen, working

became a problem. With his job at St. Joseph, "I can even walk to work if I want to," said Jim enthusiastically. He is very happy to be at the Sandwich Shop, for cooking is what he knows best and he is anxious to do a good job.

We're glad New Community could give him this opportunity.



Manager Alma Major, above, checks beverages and desserts as day gets busy. Grillman James McIntyre, at left, likes nothing better than getting bacon ready for hungry breakfast customers. Take-out orders, below, are popular for both breakfast and lunch at the Sandwich Shop.



The SANDWICH Shop

At St. Joseph Plaza
233 W. Market Street
Newark, New Jersey

Breakfast

Monday - Friday 7am - 11am

Eggs, Pancakes, Danish, Biscuits, Juice
Coffee and More...

Nothing over \$3.00

Brunch

Saturday and Sunday 9 am - 2 pm

Same menu as breakfast
Beer and Wine are Served
During Brunch



Lunch Menu

Monday - Friday 11 am - 7 pm

Try our SPECIAL ½ pound Burgers!
"Gourmet Style"

our THICK 4 oz. Sandwiches

Daily HOMEMADE Soup & Salads

Our Specialty —

Unique Frosted Liter Mugs
of Draft Beer

Takeout is Available — Call **623-8001**

Bronze Shields Honor James DuBose and Lewis Graves

At their eighth annual awards dinner on June 9th, the Bronze Shields recognized two people familiar to New Community residents — Lewis Graves, librarian at the Springfield Branch of the Newark Public Library adjacent to New Community housing and NCC Director of Security, James DuBose.

Mr. DuBose, who received an achievement award, was a founding member of the Bronze Shields, an organization of black police officers,

and has been an active member since the organization was formed almost thirty years ago, holding many offices within the organization. Over the years he earned from the Bronze Shields two presidential awards, two appreciation awards and one outstanding achievement award. He was also Grand Marshal in 1984 of the Black Heritage Parade when Jesse Jackson was guest speaker. His excellent work in the community for 25 years before his retirement was the

reason for this 1985 award.

Mr. Graves received a Community Service Award. His face has become known to many residents in his 30 years with the Newark Public Library where he has provided tutoring, inspiration and encouragement for those in the community seeking academic advancement. In his position at the library Mr. Graves has constantly sought out appropriate reading material for careers providing service to the community, for people entering the job market and those hoping for promotions. His Black History and Black Related Issues collections have also seen much use.

His interest, enthusiasm and positive outlook on life have helped many residents gain valuable knowledge to dramatically improve their quality of life.

Mr. Graves has lectured also on the problem of drug use and abuse, distributing educational materials to aid parents, teachers and youth in understanding its dangers in an attempt to address the problem.

He is a 32nd Degree Mason, a Shriner and a member of the Alpha Phi Alpha Fraternity.

New Community Clarion readers will recognize him from the inspirational articles he has written faithfully for the three years since its inception.

We are proud of both members of our community and add our congratulations on this occasion.



Director of NCC Security James DuBose and Librarian Lewis Graves stand proudly holding their newly awarded plaques from the Bronze Shields in the director's office at the NCC Security base station.

NCC To Be Featured On Cable Television

NCC staff members Matthew Reilly and Georgia Ransome recently videotaped a half-hour talk show at the studios of Connection Communications Corporation on Central Avenue. Reilly and Ransome were the guests of Municipal Council President Ralph Grant. Councilman Grant hosts a weekly talk show known as "The Grant Report" which focuses on a wide variety of topics which are of interest to Newark residents.

Reilly and Ransome discussed NCC's housing accomplishments since 1968. St. Joseph Plaza, the Extended Health Care Facility and the proposed Neighborhood Shopping Center (Pathmark) were also discussed. Councilman Grant praised NCC for its accomplishments in helping to rebuild the Central Ward.

The show will be aired by CCC on both Tuesday evening, July 16th and Thursday evening, July 18th at 7:30 p.m. and 10:30 p.m.



Welder concentrates on plumbing joint as his work deep within the heart of the nursing home prepares the way for later projects.

Extended Care Facility Progressing Nicely

Walls are being spackled and tile laid in shower rooms as the New Community Extended Care Facility takes on a more finished appearance.

Candidates for administrator of the 180 bed nursing facility have been narrowed down to seven and soon will be presented by Andy Cuevas to a committee of 8 for review.

Sixty day care slots will be available at the nursing home. The facility has a separate first floor area for day care complete with its own cafeteria which will be serviced by dumbwaiter directly from the main kitchen. An activity room is also provided for day care patients complete with stage and movie projector.

Patients in residence will be housed on the three upper floors and each floor will have a dining room as well as a social room for patient use, to encourage a family atmosphere.

Services for patients will include dental, audiology, speech therapy, physical and occupational therapy and the services of a social worker.

A gift shop for visitors is also included in the plans.

Offices will be housed on the first floor, convenient to both visitors and patients.

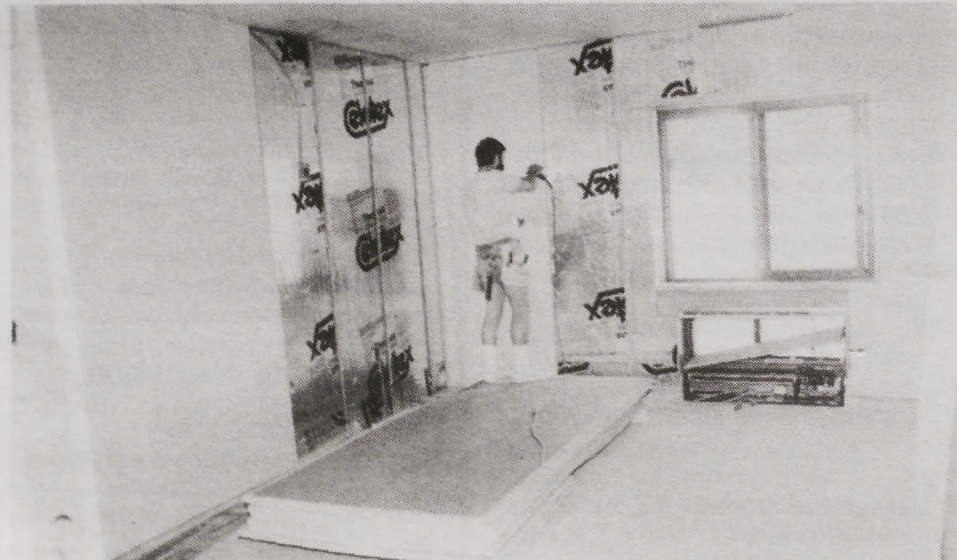
Since the building is surrounded by much open land and lower buildings its rooms are bright and cheerful and skyline and New Community housing.

Ample off street parking has been provided.

More news about the extended care facility will be covered in future issues.



A view from a patient's room in the NCC Extended Care Facility shows NC Gardens and NC Associates in the distance, close enough for walking visits from friends.



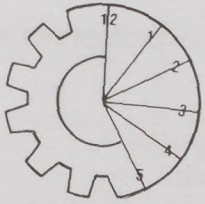
Worker places sheetrock over insulation in patient's room as work steps up at the nursing home.



Up you go. The heart of any modern building is a sturdy set of elevators which are seen here in their preparatory stages.



Air conditioners will keep patients comfortable in hot summer weather. Worker adjusts mechanism before installation.



OUTSTANDING FIRST YEAR RECORD

In less than 11 months of operation, New Community Employment Center has placed more than 300 people in steady work — in many cases, people who had not had steady work in months or years. This was twice the number of placements that had been expected when NC Employment Center opened on August 1, 1984.

Our Employment Center staff is thankful. It has received so much help and support from so many places. "Of course, the financial help we have gotten from individuals, churches foundations, businesses, and New Community, has been **crucial**," says John Bins of the Employment Center. "But we would never have opened the doors without the encouragement, support and advice of people like Sister Anastasia of the Social Service office, and so many others who gave substantial amounts of time to us when NC Employment Center was just a dream."

Assistance came from many quarters as the first year progressed. When we began we did not really know if we would have applicants, and without them all our plans would not have meaning. As it turned out, well over a **thousand** jobless people came and have been counseled, most of them residents of Newark, Irvington, East Orange, and Orange. And we have received much help from so many New Community people and the people at NC Douglass-Harrison Homes — security, staff people, and residents.

Employers who call us with their employment requirements and hire our applicants are **especially** important to us. We are particularly thankful to New Community residents and others who selflessly call us to let us know of a possible job opening that they may have learned about from a friend or relative who is working. We follow these up with a phone call to the employer to inquire and learn the particulars. We make

NCC Employment Center

it a practice **not** to say where we have gotten the tip. These often develop into jobs for our applicants that otherwise we would have known nothing about.

"You couldn't be around NCC Employment Center very long," says John, "seeing the way jobs turn up that just fit the people, or how applicants arrive just at the right time, or 'connections,' as we call them, between jobs and people seem to pop into the head from nowhere, without appreciating that this work is being blessed with a touch of the Divine. We are very thankful that we have been able to be instruments in finding new opportunities for so many people."

It is very sobering however, that a major reason for the success of NCC Employment Center is the crisis conditions of employment in Newark. It is doubtful that there is another city of any size in the country with anything like the unemployment rate of Newark. NCC Employment Center, by making it easier for employers to find local people who can fill their employment needs, and by helping local people into those same jobs, is working at the heart of the problem.

NCC Employment Center will be maintaining its usual hours over the summer months. If you know of a possible job opening, just phone 643-3828. Call the same number if you want to make an appointment to apply for work or if you want to volunteer. At the moment we have about three days worth of simple typing that must get done. Can you help us to help your neighbors?

AT LAST...PERMANENT EMPLOYMENT

At thirty years of age David Moore was tired of being laid off from jobs due to "budget cuts" or being forced to relocate in order to find work. He returned to New Jersey after an unsatisfactory experience in a \$3.20 an hour dead-end clerical job in North Carolina, only to be faced with six months of unsuccessful job searching on his own. By "chance" he came across a copy of NCC's "Clarion" which featured the work of New Com-

munity's own non-profit/no-fee employment center that seeks to place applicants in full-time/permanent employment. "That's for me!", mused David as he called 643-3828 to make an appointment.

During the interview it became



David Moore

clear to Employment Counselor, Patt S-DeLuca, that this attractive, personable, punctual and mature man would make an excellent candidate for security work. David already had acquired over two years experience as a security officer and had even gone one step further by attending Empire Technical School for training in loss prevention and security. What held him back was the fact that he didn't own a car, a pre-requisite for most security companies, the majority of whose clients are located outside of easy access to public transportation.

But as usually occurs at New Community Employment Center, counselors collaborate with each other to discover new employment opportunities for their applicants. This was the key in David's case. John Bins had just spent an entire day calling security companies advertised in the telephone book, introducing our services and explaining that we carefully pre-screen and refer only qualified applicants. Guardsmark Inc. was one such company. Though most of their accounts did require cars, Howard Savings Bank did not. In fact, a need soon arose for a security officer in the bank's Newark branch on Broad Street and they were willing to interview our best applicant — Eureka! David!

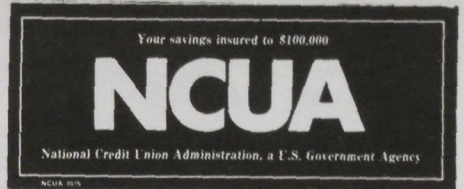
Patt S-DeLuca

New Community Federal Credit Union Update

The New Community Federal Credit Union (NCFCU), under the capable direction of its president, Roberta Singletary, is growing at a rapid and steady pace.

NCFCU already has 300 members, many of whom are saving on a regular payroll deduction plan; more than \$57,000 has already been deposited.

NCFCU represents a once-in-a-lifetime opportunity for members of the New Community network to create and own a financial institution whose sole purpose is to serve the needs of the local community. Don't you want to get in on the ground floor?



Loan Programs Begin

The New Community Federal Credit Union is happy to announce the start of its personal loan program.

The criteria for applying for a secured loan is that you must be a member of the credit union for a minimum of thirty (30) days and be employed at the same job for six (6) months. You must also have a minimum of \$50.00 posted in your credit union account.

The minimum loan amount is \$200.00.

As you can see you are only limited by the amount saved, so anyone who wishes to take out a loan will be able to request a larger amount if they allow their savings to increase during each payroll period.

We will also be starting the signature loan program (unsecured). The unsecured loan criteria is the same as that of a secured loan as to time on the job and membership in the credit union. The loan limit on this type of loan is \$1000.00. The repayment term of each of these types of loans is a maximum of two (2) years.

You must come to the credit union office personally to obtain and complete the loan application. All loan applications will be kept in strict confidence.

Since the credit loan committee meets only once a month to process loan applications, there could be a wait of as long as 3 weeks before the loan is approved and the check produced. Therefore, the earlier you plan for your loan the better we can serve you.

For further information please contact W. Bearse at the Credit Union office at St. Joseph's Plaza. Phone 623-2800.



The late Mr. Bernard Holloway, Sr. is shown at his desk in upper left photo. His namesake, NCC Security Sgt. Bernard Holloway is seen below.

Bernard Holloway Educational Memorial Scholarship Fund

On June 15, 1985 Mr. James R. Grisi, Treasurer of the National Post Office Mail Handlers Local #300, New York, N.Y. announced the initiation of a Memorial Educational Scholarship in the name of Bernard Holloway, Sr. for his years of sincere and diligent service on behalf of the mail handler's union. The announcement was made at an awards ceremony in Jersey City.

Mr. Holloway was the father of one of NCC's own security personnel Sergeant Bernard Holloway, Jr. and we are proud.

Mr. Holloway, Sr. gave unselfishly of himself during the Local's formative years, the announcement stated. With his help the Union spread from New Jersey to New York his son told us. He considered training a person for his job particularly important, and one of our NCC staff, Georgia Ransome, remembers him

for saying, "You can't criticize a person's performance unless they've been taught the job."

In his name three scholarships in the amount of \$1,000.00 each will be awarded to New Jersey/New York area youths every year to attend a college of their choice.

"We believe that his legacy shall grow through the illumination of education in our children," the award announcement read.

The 1985 awards were made to three New Jersey youths for their outstanding academic achievements. Sgt. Holloway and members of his family had the privilege of meeting the recipients and their families at the dinner awards ceremony and sharing the proud moment with them.

Wali Muhammad
Sheila White
Sherri Eure



At Your (Social) Service

by the Staff of NCC Social Services Department

For information concerning Social Services activities please call 623-6114

Festival '85 Shines Despite The Weather

Although it was the first time in the five year history of the NCC Festival that rain forced the cancellation of the annual Festival Parade, the inclement weather had no effect on the sunny spirits and dispositions of those who took part.

There was no way that a little rain was going to ruin the weeks of hard work that had been put into the preparations for Festival '85. No Way!

And so, the Festival went indoors at NC Associates. In the coziness of the community room the steel band played, the seniors danced with the

youth, the youth entertained the seniors and the families & seniors provided food.

The weather had no effect on the plans for Friday night, as Darwin Giles, "the Michael Jackson Double" sang to a capacity crowd at the Newton Street School. The fish fry at NC Associates as well as the "Oldies but Goodies" were also great successes.

None of this would have been possible were it not for the planning and hard work of the many residents and staff. To them all we owe a very big "THANK YOU".



The latest in garden edibles provide a fashion show for seniors as they celebrate Festival '85.

We Put Sunshine In The Day

It was like the song "Ain't No Stoppin' Us Now" by McFadden and Whitehead.

The festival day started out gloomy and wet. Just His way of watering the garden of life.

As suddenly as the rain had begun, the sun beamed out and there was a garden about to spring to life. The children were as anxious as fertilized seeds and the transformation had begun. There were giggles and squeals of ticklish delight as tomatoes, cucumbers, black-eye peas and more were dressed and stuffed.

When the garden was ready the rows were set two by two and headed with ballerinas and clowns. The merry assemblage of ripe edibles marched and sang, piper fashion, from the Gardens Pavilion to 180 Associates seniors. Such a site is not common everyday and for those who saw, a smile replaced what once was a frown and the whole day brightened into a fine spring day.

Every Spring there is a surge of fashion shows featuring the "latest". Well, the Garden Club children exhibited *their* latest, in fruit and vegetable attire, for those who had gathered at NC Associates for an indoor Block Festival. It was delightful to see the love and care that went into the creation of all the costumes and they, like the children modeling them, were truly unique.

Following the fashion show the

children sang for those gathered.

"We are the world ... We are the children..." was the welcoming song the children insisted on singing, led by Social Services own Gloria Newsome. It was a thought provoking song that seemed to bring everyone together, what with the combination of ages and cultures. This was a most appropriate selection.

There is so much talent sometimes it takes a downpour to bring it out. This was true today. Tiffany Treadwell, did a clever tap dance solo and the hispanic group led by Lydia Torres, and wearing handmade hand designed costumes did several numbers and sang songs by "Menudo" and "Wham".

The day was certainly filled with "Sunshine."

Joyce Holmes

Family Activity Calendar

July 1985

Day	Date	Activity	Time
Thur	4th	Cook-out Day	
Fri	5th	72 Club Meeting	6:00 pm
Fri	12th	Homes Floor Captains Mtg.	6:00 pm
Fri	19th	Theatre Club Meeting	6:00 pm
Tues.	23rd	Family Advisory Bd. Mtg.	6:00 pm

Festival Mania

Friday Night Fish Fry

It all began on Friday night June 7th, at about 5:00 p.m. at NC Associates, with the Annual Fish Fry. A long line of anxious people with hearty appetites lined up to purchase their hot crispy fried fish and crunchy, spicy hush puppies, cole slaw, potato salad and soda. In spite of the hefty crew of workers, it was all that they could do to keep up with serving the crowd.

The demand for dinners was so great that it was necessary to serve far beyond the designated time, which was supposed to have been from 5-7 p.m.

Michael Jackson Double Review

Just across the street at Newton Street School, was "The Darwin Giles Review", featuring Michael Jackson's official double. The auditorium was overflowing its capacity, which is seven hundred and fifty. The young people screamed with excitement and leaped for joy as Darwin mimicked, many of Michael's fans favorite hits. The fact that he resembled him so much allowed them to fantasize and imagine that Michael was really there singing. Extensive planning had been done in conjunction with NCC Security, NCC Social Services, administrators of Newton Street School, and parents. The kids

"The Dimensions," was featured. They played and sang a lot of the old favorites of seniors. Many of the seniors patted their feet, or clapped their hands, as the band played. Others grabbed a partner and headed for the dance floor to do their thing. All in all the evening was a smash. There was something for everyone to do to enjoy themselves.



Darwin Giles played to a standing room only audience and captured the fancy of all who listened as he did his Michael Jackson songs.



"We Are The World, We Are The Children" fittingly rendered by a group of our own very special New Community young people.

seemed to have enjoyed the show tremendously. So much so, that they would like to have him bring his full band next time. His attire was exquisite. He made several changes during his performance. Each outfit was more fabulous than the next. For many of the children who may not have had an opportunity to see a live Michael Jackson Show, this was a real treat.

Oldie But Goodie Band

Meanwhile back across the street, at NC Associates, (the senior building) following the fish fry a drawing was held for a handmade, five point star, which was made by the craft class of 180. Also a live band,

Parade

Regretfully due to rain the parade was cancelled. Plans had been made far in advance for the parade. Barringer and Vailsburg Bands had been contacted months ago relative to their performances. Social Services, parents and youths had spent weeks making various costumes.

The theatre club had planned to have a float. The anticipated theme was "We Support Cultural Enrichment." The float would have depicted a group of theatre goers all dressed up enroute to a play.

The Family Garden Club has a terrific crop this year and a number of active members. For the parade they

(Continued on next page)

(Continued from previous page) had planned to demonstrate their garden by the children wearing costumes that were made in the fashion of their garden vegetables. There were approximately thirty children involved. There were brightly colored carrots, plump tomatoes and chubby radishes and, fat bright red watermelons, leafy collard greens and cabbages and even one black eye pea who was pudgy with a black eye



Part of the day was given over to international dancing in native hispanic costumes, painstakingly made and designed by parents especially for the occasion.

mask. The children were disappointed because the parade had to be cancelled. Some parents had been attending meetings and helping to plan the festival for weeks.

Baby carriages, strollers and bikes were also waiting, in the wings, to be decorated for "the big march". There were hundreds of balloons, in NCC's colors of green and white and a gigan-

orfully arranged on a number of tables that had been placed in the form of booths throughout the community room. Some seniors preferred to sell their food in their own buildings.

The five piece, steel drum band, directed by Cedrick Thornhill, really topped everything off. The rhythmic music made you feel as though you were in the Islands, dancing in a

tropical breeze.

The seniors, parents and adults, danced till their hearts were content. The floor was filled with persons of all ages. Many of the handicapped who were unable to dance, enjoyed the music as well. They clapped their hands and patted their feet. One senior Mrs. Corrine Lloyd (a double amputee) was enjoying herself so



A Man For All People — Darwin (Michael Jacksons look alike), poses with NCC family and senior residents, at NC Associates after his show at Newton Street School. Standing next to him are Mrs. Bertha Brown, President of 72 Hayes Street Tenant Association and Mrs. Delores Collier, President of Commons Family Tenant Association. Seated in the front are Mrs. Corrine Lloyd (senior leader) and three other seniors from the building.

tic tank of helium, standing by to decorate the many parade bound vehicles. Unfortunately this did not take place due to the inclement weather. However, as an alternative to all of this an indoor festival was held at NC Associates.

Indoor Festival

Families came through with shining colors this year. Parents baked all kinds of delicious cakes and pies, made delicious fruit salads, lemonade etc.. The seniors did their usual reliable thing, which was to have a large variety of delectable foods, col-

much, but wanted desperately to dance. She was a great dancer before the amputations. "Lady D", (a senior leader) decided to help her to dance, so she wheeled her out on the dance floor. Mrs. Lloyd swung her arms, clapped her hands and swayed her body, to the reggae beat. She wore a million dollar smile!

The children sang in high spirit "We Are The World". The hispanic group sang Menudo favorites. Yes, in spite of the rain, NCC residents did have a good time in celebrating Festival '85.

Virginia Scott

Summer Youth Program

Registration for the NCC Summer Youth Program has been set for the two week period of July 1st to July 12th.

This Summer the NCC Social Services Department plans to provide a summer youth program that will be an expansion and improvement over the past years.

This year the program will be conducted in four separate locations throughout New Community. These sites include 72 Hayes Street, 225 Hunterdon Street, 165 Bruce Street and 220 Bruce Street.

In addition to the regular Youth Services staff of Eladio Negrón and Sheila Washington and 16 youth workers supplied through Newark's Summer Youth Employment Program, this year 12 NCC adult residents will supervise the various sites. These residents are Bertha Brown, Pat Brown, Delores Collier, Lois Dixon, Beverly Frazier, Rose Frazier, Emma Grier, Mae Harper, Marlene Martin, Pat Murphy, Claudia Weston and Trudy Williams.

The program will provide a wide variety of activities and events for the participants. These activities will include a breakfast and lunch program by the "Sun Up", a city sponsored program, remedial instruction in math and reading, numerous bus trips to places such as Sandy Hook, Great Adventure, Lake Hopatcong, the Bronx Zoo and many recreational games and activities. An NCC Tee Shirt will be given to each participant.

In order to offset the cost for the trips, tee shirts, supplies and the recreational activities, a fee of \$10.00 will be charged for the first child in a family. Where there is more than one child in the program the family

fee will be \$15.00 for the family.

In order to have a well organized program there are certain regulations that must be observed.

They are:

1. No child will be allowed to take part in any activities of the program unless they have been registered and paid their fee.
2. The program's hours are from 8:30 AM to 3:30 PM. All children will be expected to remain at the program during these hours. During the hours of the program children will be released from the program only when a parent or guardian comes to get them.
3. Breakfast and lunch will be served only at 8:30 AM and 12 noon respectively. At no other time will these meals be served.
4. Except when there are bus trips, all lunches are to be eaten at this site. N.J. State regulations forbid taking meals off the site.
5. All children under six years of age must be picked up from the program at 3:30 PM by their parent/guardian or by someone designated in writing by the parent or guardian.

We hope that your children will enjoy a summer that will be filled with fun, excitement, cultural enrichment, an educational advancement. Eladio Negrón and Sheila Washington have planned an excellent program of which we are all proud.

Registration for the program will be held at each of the four locations listed above, daily from July 1st through July 12th. The hours for registration will be 10 AM to 12 noon and 6 PM to 7 PM.

If you have any questions please call Eladio Negrón or Sheila Washington at 623-6114.

Babyland's Summer Enrichment Program Underway

Summer is finally here, bringing with it warm weather, sunshine, and for most children, too much time and not enough to do. However, for the 75 children enrolled in Babyland's Summer Enrichment Program, there is always something good to do.

The ten week program includes weekly swimming and tennis lessons, an introduction to computers, fishing, arts and crafts ... even exercise classes at St. Joseph's Plaza!

I know, you want to sign up too, but unless you're between 5 and 13 you'll have to find something else to do.

The purpose of the program is to provide youngsters with a safe, positive environment where they can play, learn new skills and enjoy the benefits of a camp-like atmosphere while still remaining in the city.

To meet this challenge is the task of a talented, professional staff consisting of two St. Rose of Lima teachers, Harold Morrison and Rene Edgehill, with Diane Jones, Tom Dudley, Derek Perry and Nancy Jackson completing the staff. The interaction between counselor and child, as well as how the children get along with each other is an important aspect of the program. Learning to communicate and co-operate with others is essential if we are to learn and grow as individuals.

We'll keep this in mind while we

swim, shoot a basket, run a computer program, hit a ball, catch a fish, paint a picture, fly a kite ... HAVE A GOOD SUMMER!

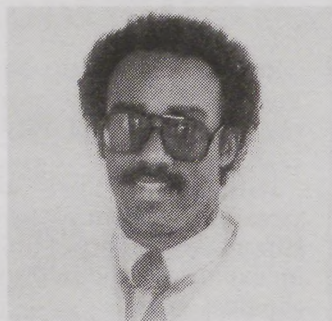
Dan Fabrizio
Program Co-ordinator



Gardens Family Tenant Association is on the Move!—The residents of NC Gardens Family were very active this year, at Festival '85. In this picture they display various pastries that have been freshly baked and donated by tenants of this complex. These items will be sold and the profit will be utilized by their neighborhood. Featured here in the photo left to right are Emma Grier, Marlene Martin and Frances Dudley, all officers of this club.

Health Watch:

Dr.
Bruce Greene
Family
Practitioner

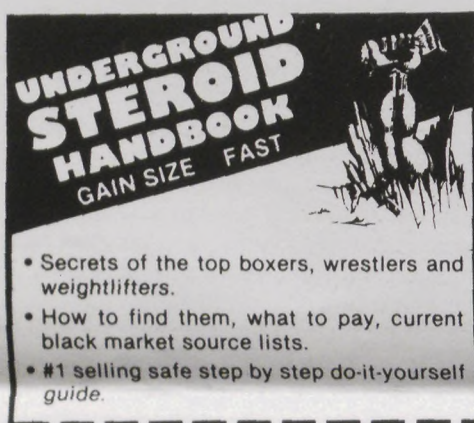


Athlete's Corner

With the new wave of fitness centers and shape up programs, American society in general has begun to strive for the body beautiful.

High school and college athletes are becoming increasingly curious about aids to increase strength and muscle size. Anabolic steroids are being requested by more and more young people seeking to attain the edge in competitive sports.

Articles in popular sports magazines lure athletes to try the wonders of steroids. (see illustration) Some



physicians are very stern about not dispensing these drugs, while others readily write prescriptions.

The following is a discussion of the most popular drugs used and their side effects. Many athletes become disillusioned with not using steroids when they see the muscular development attained by use of these drugs. Reports of strength gains of up to 40% have made some athletes feel that they cannot compete without the use of steroids.

The most popular drugs used at this

time are:

- a) Dianabol (methandrosterone)
- b) Anavar (oxandrolone)
- c) Delatestryl (testosterone enanthate)

Dianabol is a veterinary steroid given primarily to race horses to enhance performance. It is usually obtained for human use through the blackmarket. Besides the usual anabolic steroid side effect risks, one has to calculate how much *Dianabol* should be administered to humans. Many non-medically trained individuals sell and inject this steroid often with ill effects. (i.e. gynecomastia, hepatomas)

Anavar's accepted use is for relief of bone pain accompanying osteoporosis. In large doses sufficient to increase muscle mass it can cause gynecomastia, jaundice, hepatomas, and edema.

Delatestryl is generally used to treat deficiency after castration and oligospermia. *Delatestryl's* possible side effects include impotence, testicular atrophy, gynecomastia, irritability, and insomnia.

Not everyone taking steroids will develop side effects. However the combination of taking megadoses of anabolics and their being administered by medically inexperienced individuals who don't carefully monitor their clients, makes the risk that much greater.

There are no shortcuts to improved athletic performance. If you want to bulk up, consult your physician for a safe exercise program. Don't take chances with steroids. Not everyone makes strength gains with anabolics, but *everyone risks the side effects.*

Bruce Greene, M.D.

Essex County Family Violence Program

As summer approaches and our enrollment increases sharply, I have no fears about our capacity to handle whatever may come. Our staff is a very special group of dedicated women, including a few volunteers. They must be ready for any crisis to occur, and it frequently does! They listen to innumerable recitations of horror stories from women-victims of domestic violence and observe the effect it is having on the children. They see that the women receive medical attention, financial and legal assistance and as much emotional support as can be offered. We also do anything we can to help them find alternate housing. In 1984 we served well over 800 women.

I feel the need to let the reader know of the goodness and endurance of the Shelter Staff. I am recently returning from a long leave of

absence due to illness. I have never been more proud of their efficiency and sense of service to those in need. They worked extremely well together in my absence and I am proud to return to them. It is a very difficult job to hear the stories our clients relate day after day yet remain strong and hopeful. Our sense of unity gives us tremendous strength. I publically thank each of them for their support.

Valerie Anabui
Carmen Aponte
Mary Davis
Gloria Ferrell
Annie McLean
Kathy Moore
Claire Rives
Willa Rush
Rita Veca

Sister Claire Elton
Shelter Coordinator

FOOT FACTS:

Office Hours at St. Joseph's Plaza
9 - 12 Mon.
9 - 11 every 1st & 3rd SAT.

Dr. Kenneth
Frank

Podiatrist



High Blood Pressure

As a member of the health care team, your podiatrist is vitally concerned about hypertension (high blood pressure) and vascular disease (heart and circulatory problems). There are several reasons for this concern. First, because you are a patient, your podiatrist is interested in all aspects of your health and your treatment program. Second, your podiatrist supports the goals of high blood pressure detection, treatment, and control.

YOUR PODIATRIST SHOULD KNOW IF YOU HAVE ANY OF THE FOLLOWING CARDIOVASCULAR OR RELATED CONDITIONS:

Hypertension and/or Cardiovascular Disease — Hypertension sometimes causes decreased circulation. A careful examination is required to determine if there is lower than normal temperature in any of the extremities, or absence of normal skin coloration or diminished pulse in the feet. The concern here is that these are signs of arterial insufficiency (reduced blood flow). Increased or periodic swelling in a patient with high blood pressure is important because it may mean that hypertension has resulted in heart failure.

Rheumatic Heart Disease — Persons who have had rheumatic heart disease must be protected with prophylactic antibiotics prior to any surgical intervention. If you take medication for this condition, tell your podiatrist. Any medication you may be taking for high blood pressure, a heart condition, or any other reason should be reported to the podiatrist to ensure that it does not conflict with medications that may be prescribed in the treatment of your feet.

Diabetes — This condition frequently affects the smaller arteries, resulting in diminished circulation and decreased sensation in the extremities. Let your podiatrist know if you have ever been told that you have diabetes, particularly if you are taking medication or insulin for this condition.

Ulceration — An open sore that does not heal or heals very slowly may be a symptom of certain anemias, including sickle cell disease. Or they may be due to hypertension or certain inflammatory conditions of the blood vessels. Your podiatrist is on the alert for such conditions, but be sure to mention if you have ever had this problem.

Swollen Feet — Persistent swelling

of one or both feet may be due to kidney, heart or circulatory problems.

Burning Feet — Although having a number of causes, a burning sensation of the feet is frequently caused by diminished circulation.

YOUR PODIATRIST IS INVOLVED IN VARIOUS PHASES OF HIGH BLOOD PRESSURE CONTROL

High blood pressure is a major risk factor for cardiovascular disease. Uncontrolled high blood pressure can cause fatal strokes and heart disease. As a health care provider, your podiatrist assists in controlling this public health problem. There are three major areas in which he or she provides this important public service:

- **Detection:** By routinely taking every patient's blood pressure and determining if it is elevated.
- **Treatment:** After confirming that blood pressure is elevated and making this information part of each patient's record, the podiatrist refers all patients with elevated blood pressures to their physicians for evaluation, diagnosis and treatment.
- **Long-Term Control:** By encouraging patients during every visit to adhere to treatment, and by monitoring reductions in blood pressure, side effects of treatment, and referring for re-evaluation as needed.

Your podiatrist realizes the importance of uncontrolled hypertension and the need to "treat it for life" to increase the number of individuals who stay on treatment and thereby keep their high blood pressure under control.

Health Fair Coming

On Thursday, August 1st from 4:00 p.m. to 7:00 p.m. the NCC/United Hospitals Health Center will sponsor a Health Fair. The Health Fair is free, and open to all, adults and children. We will offer screenings for high blood pressure, vision, hearing and lung capacity.

Over 10 non-profit health organizations with health educational exhibits have registered to participate in the fair.

Transportation for senior citizens to and from the Health Fair will be arranged.

More details later.

Sister Anastasia

ATTENTION ALL TENANTS
NCC Health Care Center
623-2480

Transportation to NCC Health Care Center
will be provided for your convenience.



Exercise Caution The Heat Is On!

by Kerry Gillespie,
Exercise Physiologist

It appears that spring is over and the summer's heat and humidity are here. This means that we have to use our common sense when exercising. It is important to remember that when you work out at the New Beginnings Spa, the climate is controlled. The temperature and humidity are well below the acceptable levels. These are ideal conditions for safe and comfortable exercise. The outside is another story; the heat and more importantly the humidity can do more than just make you feel uncomfortable. They can cause serious problems.

Activities such as walking, jogging or even playing golf require muscular activity, which in turn produces heat. When the atmosphere is cool, it is easy for the body to regulate the temperature, however, if you are

working in a hot (and humid) atmosphere, the regulation systems will not work as well.

Body temperature during exercise is almost entirely regulated by sweat exasperation with a small contribution from respiratory heat loss. The sweating process will cool the body as long as evaporation takes place. In extremely humid weather, the air is already saturated with water and evaporation cannot take place. As one becomes more acclimatized to the heat, the more and the sooner, one will begin to sweat. Besides the obvious advantage of a lower body temperature and being more comfortable, the person will find exercise easier.

Fatigue is very much related to body temperature. The higher the temperature the sooner fatigue will occur. This is why it is so important to drink plenty of water (not soda, coffee, etc.), for the water in your system acts the same as water in your car. The water helps the temperature of the engine (muscle) down. If the engine (muscle) does not have enough water it will over heat and the car (you) will stop. It is for this reason that it is not a good idea to wear the plastic suit while exercising. The suit will not only cause dehydration, but it will increase body temperature into the danger level very quickly. Besides, the weight you lose is only water-weight; when you drink after your workout you put the weight back on.

It might seem enough to just drink when you're thirsty, but that does not seem to be adequate to hydrate a person for exercise. There are two primary mechanisms that trigger thirst. Both are stimulated by an increase in the concentration of salt in the blood due to water depletion, not by water loss itself. It is possible to lose up to 5% of body weight in water before thirst will make you drink. That is why it is important to drink water before, during and after activity, especially in hot weather.

As important as it is to make sure you get plenty of water in hot weather, it is equally important that you minimize your salt (sodium) intake. As one gets in better shape the body will actually begin to retain sodium. However, it must be noted that sodium retention means potassium loss. Potassium is essential for proper heart function. So keep your potassium up (with bananas, chicken, oranges and potato) and your salt (sodium) intake low.

Another consideration is the consumption of alcohol. Alcohol is neither a good pre or post exercise drink. It acts as a diuretic, excreting the very water and minerals you need. Alcohol also destroys many of the 3 vitamins which play a role in energy metabolism. Although the body metabolizes alcohol like a carbohydrate, the working muscle cannot use alcohol as a direct source of energy.

The last important consideration is air quality. Heat and humidity have

a way of trapping car exhaust and smoke from industry, close to the ground. This makes it more difficult to obtain the proper level of oxygen in the blood.

To avoid heat related problems one should remember a few guidelines:

1. One should not attempt strenuous activities that one is not trained for (no matter what the temperature).
2. One should have balanced needs, for proper electrolyte balance.
3. One should be properly hydrated before activity.
4. One should replace fluids periodically during activity (note: sugar will slow the absorption of fluid into the system; water is best!).
5. If you have hard work you have to do — get it done before the heat of the day!

Weather conditions for activity.

A. Safe - below 70 degrees Fahrenheit and humidity below 45%.

B. Borderline - between 70 and 80 degrees Fahrenheit and humidity between 45 and 50%.

C. Unsafe - over 80 degrees Fahrenheit and humidity over 50%. It is not the intent of this article to have you avoid activity on hot days, but you need to follow these guidelines and use a little common sense!

** If you can't stand the heat — don't be afraid to get out of the kitchen! Relax, have a tall cool glass of water!

Market Square Is Back!

The day was bright as I stepped out of St. Joseph Plaza for the short walk to "Market Square" across the street in the parking lot of Bethany Baptist Church, 275 W. Market Street.

Two trucks were parked in the lot with their wares spread enticingly on tables for customers to see. Ms. Juleen Bourgeois was proud of the twelve pound head of cabbage from the farm which she and her husband Marcel work in Dayton, N.J. So was her volunteer "helper" Rashon, age 10, from somewhere nearby in Newark.

She stood in the sun answering questions from customers about future crops — "corn will be here in 2 weeks," she assured one woman. "Winter produce is about finished and beans will be coming soon," she told us.

Sue Giamarese was busy too as was her assistant Mike Crockford, with new potatoes clean as could be and shiny solid onions for sale. What struck my eye were the blueberries. They were half the price of ones I refused to buy in my suburban supermarket just the night before. I reserved 4 boxes until I could return with money to spend. Yams were popular and some melons were carried away as I watched. Collard greens and beets and cauliflower were still available but the green beans — first crop of the season — had already disappeared. Next week there would be more, the men and women around the table were told. The Giamarese family run farm is in East Brunswick, N.J.

Normally there are more vendors at the market, but this was graduation day for many families with children so a skeleton crew represented the

rest that day.

The market was begun last summer under the sponsorship of Bethany Baptist Church, the Rutgers Urban Gardening Program, and the New Jersey Cornucopia Network of Montclair with the help of Ron Good of the State Department of Agriculture who attended the New Jersey State Convention of Vegetable Growers to get commitments from farmers to participate. The vendors come to Newark every Thursday between 10:30 a.m. and 4:30 p.m.

The produce is fresh from New Jersey farms, picked daily during the growing season, and fruits and vegetables offered vary as crops ripen and are ready for the market.

For the people in the area of "Market Square" the presence of the tail gate vendors is invaluable since most supermarkets are a good drive out of the city and many must travel by public transportation to do their shopping and are limited in what they can carry. Produce at these supermarkets is often expensive and inferior in quality. This farmer's market is only five or 10 minutes away from the densely populated housing areas and easily reached by bus along West Market Street.

The day we were there a funeral had gathered many of the Bethany Baptist church members. Before they left for home they walked across the grassy lot to pick up fresh greens and vegetables for their dinner table.

The fine quality of the produce at prices 15-30% less than the store make this market ideal for both the urban consumer and the farmer who can charge more than they would to a wholesaler but far less than retail; so both benefit.

And the smiles and talk flowing back and forth pointed out the cooperation between farmer and city dweller in this venture.

If you'd like to know more about the market call Paula Stephens who helped to organize it. She can be reached at 623-8161.



Mrs. Juleen Bourgeois is proud of the fresh produce supplied from her farm to Newark residents. Standing with her is a local "helper" named Rashon, aged 10. The stand did a brisk business, especially with that prize cabbage in the foreground.



Sue Giamarese and her assistant Mike Crockford take care of customers as the Tailgate Market starts a new season at Bethany Baptist Church parking lot on West Market Street in Newark.

—Newark Public Library—

Summer Fun Programs At Newark Public Library

The Newark Public Library has scheduled a diverse and extensive array of children's activities at its Main Library downtown and at each neighborhood facility in every ward of the City beginning July 1st and ending in September.

"Each facility will offer something different in the morning and afternoon," said Maria Braga, Chief of Community Library Services, "and we are pleased to expand this service to our storefront and Community Libraries." The Newark Public Library system, the largest public library in the State, has 8 branches, 2 storefronts and 1 community library located in Mt. Vernon Place School. The Main Library is located at 5 Washington Street in downtown Newark.

The schedule for each library facility is as follows:

MAIN LIBRARY, 5 Washington Street - Junior Room - Monday INDOOR GAMES and PUZZLES (10:30 - 11:30 am) FANTASTIC MOVIES (2:00 - 3:00 pm); Tuesday ARTS AND CRAFTS (10:30 - 11:30 am) SURPRISE HOUR (2:00 - 3:00 pm); Wednesday STORY HOUR and FILMSTRIPS (10:30 - 11:30 am) INDOOR GAMES (2:00 - 3:00 pm); Thursday SILLY CONTESTS (10:30 - 11:30 am) ARTS AND CRAFTS (2:00 - 3:00 pm); Friday BINGO (10:30 - 11:30 am) FILMS (2:00 - 3:00 pm). S.R.C. SUMMER READING CLUB begins June 24.

CLINTON BRANCH, Children's Room, 739 Bergen Street - Monday GAMES (10:30 am) INDOOR AND OUTDOOR FUN (2:00 pm). Tuesday ARTS AND CRAFTS (10:30 am) SURPRISE DAY (2:00 pm); Thursday PUZZLES AND CONTESTS (10:30 am) TALENT SHOW (2:00 pm); Friday "SHAPE UP" WITH AEROBICS (10:30 am) MUSIC HOUR (2:00 pm). S.R.C. SUMMER READING CLUB begins June 24.

ROSEVILLE BRANCH, Children's Room, 99th Fifth Street - Monday MOVIES (10:30 am and 2:00 pm); Tuesday GAMES (10:30 am) COLORING (2:00 pm); Wednesday ARTS & CRAFTS (10:30 am and 2:00 pm); Thursday DRAMA FOR FUN (10:30 am) OUTDOOR GAMES (2:00 pm); Friday PUZZLES (10:30 am) DISCO (2:00 pm). S.R.C. SUMMER READING CLUB begins June 24.

SPRINGFIELD BRANCH, Children's Room, 50 Hayes Street - Monday QUIET GAMES (10:30 am) PUZZLES, STORY HOUR (2:00 pm); Tuesday FILMSTRIPS (10:30 am) COLORING DRAWING (2:00 pm); Wednesday ARTS & CRAFTS (10:30 am) OUTDOOR GAMES (2:00 pm); Thursday MOVIES (10:30 am and 2:00 pm); Friday CONTESTS (10:30 am) MUSIC HOUR (2:00 pm). S.R.C. SUMMER READING CLUB begins June 24.

"On Monday July 1st, all programs go into effect," said Braga "and we expect this series to be extremely popular, as it has been in past years." The Newark Public Library has been a leader in Children's programming with a year-round schedule of activities.

All programs are offered free of charge to the public on a first come basis. Parents must pick-up children after scheduled activities. Children are encouraged to bring their library cards and check-out material. The library has an extensive collection of books, magazines and periodicals for children and librarians are always available to help find specific books or to lend advice.

For more information, call your nearest branch or call the main library at (201) 733-7800.

NOTE: Kids may sign-up for the Summer Reading Club at any branch or at the main library. If you read 10 or more books, your will receive a prize at the end of the Summer.

Roseville Report

Sr. Marian Farewell

About two years ago Sister Marian Spearman was sent to Roseville from NC Manor Senior to become our fulltime Social Worker. She was very instrumental in organizing new programs for Roseville, such as "Fun Day". Hard working she was in raising funds to purchase a new T.V. for the mail room.

To show their appreciation, the tenants got together and honored Sister Marian with a going away dinner and a gift to help her get started in Rockville, Illinois where she has been transferred. Attending the dinner was the Social Staff including Mr. Gerry Gannon, Social Service Director. We were all so happy for Sister Marian, and on her face one could see that she was enjoying herself too. Good luck from all of us at Roseville, Sister Marian and may God Bless you.

One Man's Achievement

Mr. Eddie Williams who lives at One So. 8th Street (NC Roseville) has every reason to feel proud, and satisfied with his accomplishment in life. And just think he is looking for something else to be involved in.

He was born four days before

even when he was a young boy. Each time his mother would find him and bring him back home.

After completing elementary school at Reedsville Public School he went to Charleston, South Carolina to live with an aunt, and four years later graduated from Berk Industrial High School with emphasis on upholstery and painting. While learning how to paint a house he earned \$13.00 a week. And learn well he did because he was seen all over Charleston on different painting jobs. His work was good and people liked him.

In 1950 he left Charleston, South Carolina to come to Newark, New Jersey to live. While here he received more medical help in a Morristown Hospital and in Crippled Children's Hospital in Newark. Since that time he has been self employed by selling his art work, running a pool room/candy store and working as a laundromat attendant.

For twelve years he's been happily married to his wife Phyllis. They have been New Community residents since 1979. When you visit their apartment you see the fruits of his labor as an artist along the walls. One thing that makes Mr. Williams unique is that being handicapped has



Valentine's Day in 1926 and is the oldest of two brothers and one sister, all born in Reedsville, South Carolina.

When he was three years old polio struck, after which Eddie was treated in a South Carolina hospital for 9 years. His left side is still crippled but he has managed to live an amazing life managing with his right side.

While talking about some of the things he did as a youngster, Eddie laughed heartily when he told about all the times he ran away from home,

never stood in his way. Proudly he says, he has always worked, and done anything anybody else did, never letting his handicap get in his way.

As a contributing resident at NC Roseville Mr. Williams is always ready to support any project in the building no matter what it is. He says, "This is my home, and I will help in anyway I can to make things pleasant. It is quiet and peaceful here and I like it".

We are happy to bring you his story.

R. Steve Perkins

Waste Not

"What are you going to do with that". "Don't throw this away". "I don't know what to do with this thing ... hmmm, I've got it."

Stop by the crafts room at 545 Orange Street and this might be some of the conversation you would hear. One might think they had stumbled upon a bag lady's convention ... an assessing of possibilities. Actually, Mrs. Angela Hicks and Mrs. Ernestine Rouse are salvaging the discarded remnants of someone else's waste.

Imagination and ingenuity are two commodities these ladies have in abundance. When Mrs. Hicks showed me a two-piece skirt set she had made from a pair of mens pants, I found it hard to believe. Truly a case of waste not. When he's tired of it, let her wear it.

Do anything but don't throw that scrap away! They'll turn it into dolls, toilet seats, soap covers and (one of my favorites) a crocheted clown, made from remnants of yarn. To see the finished products you would not believe where they had originated.

Everything deserves a second chance!

Joyce Holmes



Happiness is making something out of what everybody else thinks is nothing, for Mrs. Angela Hicks and Mrs. Ernestine Rouse. Their projects provide much happiness for the pleased recipients too.

It's Baseball Time

NCC Security vs. NCC Management

On Saturday, June 15, 1985 at the Branch Brook Park recreation area, two components of New Community Network — NCC Management and NCC Security — squared off against one another in an exciting but serious, funfilled game of baseball.

NCC Security was represented by the power hitting of Tommy Scott. Morris Fleming, Marvin Eure and James Hubbard also collected three hits apiece and the fine defensive

plays of those named above also included officer Anthony Moultrie.

However, NCC Security was unable to pull out a win, due to NCC Management's defense and offense, highly supported by the keen pitching of Andy Cuevas and the slick fielding and hitting of Emilio Cruz and the rest of the management squad, pumping out a 16 to 9 win over security. A second game has been scheduled for July 13th at Branch Brook recreation area.

NC Associates

Despite the inclement weather, the NCC 1985 Festival, went rather well. On Friday night the Seniors enjoyed Darwin Giles, Michael Jackson's look alike. He signed many autographs and had his picture taken with some of the seniors. He came over to eat and be with the seniors for a while after his show for the youth at Newton Street School. On Friday night a band also played some oldies but goodies.

On Saturday, the different clubs sold their delectable goodies, and although the parade was cancelled we had the music of a steel band, which was very enjoyable. A parade of vegetables, (made up of the young people), and a clown provided a light moment after which a group of spanish speaking people entertained by singing as did a group of the young people. There was also a beautiful young lady who tap danced for us. Those who helped make the costumes for these groups and worked with the children, and who therefore helped make the day happy and successful deserve a *standing ovation*. It was really good to see the families so involved this year. We enjoyed all of you; we also enjoyed each other. Working together brings on closeness, and a better understanding.

* * *

On June 13, 1985 a Farewell Dinner was given for Sister Clare Terrance. She is leaving NC Associates, but not New Community. In the past

six years she has worked with us as a social worker and friend. In 1978 she organized the Arts and Crafts club, which was later turned over to Ellen Watson. Many tenants have fallen in love with her, because of her caring and helpful way. She has gone out of her way to lighten a person's burden and take care of business for them. We will miss her, but we are glad she is not far away, and we will



Sister Clare Terrance receives plaque from Manager Doris Eaton and Tenant Association President Doris Crenshaw.

still see her every now and then.

At the Dinner, Sister realized how much people loved her, by their expressions of words, cards and gifts. She was presented with a plaque, with the names of all the clubs and their presidents and the manager's name. It was really beautiful.

We hated to see you go, Sister Clare, but we're glad you are not far away!

Phyllis Burton



Elizabeth Fair and Ms. Clarence Moody, President of NC Associates Garden Club admire their growing vegetable garden.

Kindergarten Accomplished!

St. Rose of Lima Kindergarten class of 1985 held its commencement exercises on Tuesday morning, June 11th at 10 o'clock in a special ceremony held in the church. The affair was attended by some 75 parents, friends and students. Mrs. Anne Rivera, the Kindergarten teacher prepared a simple ceremony with the assistance of Mrs. Emily Ross, music directress of St. Rose of Lima School.

Sister Clare Terrance, O.S.P. gave the main address and directed her comments to both the graduates and their parents.

Mrs. Tanga Elie, a parent, coordinated a reception in the church hall after the ceremony.

Color Guard Squad Kept Very Busy

Our NCC Security Color Guard Squad did a splendid job at both the opening of St. Joseph's Plaza and the First Annual NCC Security Award Ceremony.

The Color Guard also participated in the Chinese Auction held on May 18th at Roselle Catholic High School, Roselle, N.J. and in the New York City Martin Luther King Day Parade sponsored by the 369th Veterans Association on May 19th where they received many accolades as they marched crisply along. Marching in Newark's own Black Heritage Parade May 26th, found them rounding out a busy month.

St. Rose Welcomes Sr. Clare Terrance

The family of St. Rose of Lima School is elated with the recent appointment of Sister Clare Terrance to Director of Religious Education. When asked by the Pastor and principal of St. Rose what parents would like to see more of, for many the response was more religious education.

St. Rose has made tremendous strides in the past years in the area of academic education, including the installation of computers. However, many parents are concerned as to what kind of young men and women we are sending into the world. Many feel that academic education alone won't make a complete person; children more than ever also need a sound moral and ethical background. In today's society, where it seems — from the content of television com-

mercials to reading literature — that "anything goes" there *has to be* a foundation in which people are able to secure an anchor. It is felt by many parents that this comes from the spiritual background and up bringing of the person.

Since St. Rose School is founded on a strong belief in God, experienced through the Catholic Faith, it has a commitment to teach that Faith by word and example to all its students.

Non-Catholic students of St. Rose benefit also from the Christian atmosphere, while retaining the freedom to enjoy their own religious faith and expanding this with a working knowledge of Catholicism.

We are sure Sr. Clare will add a very special ingredient to the Religious Education Program.

Georgia Ransome



Members of the NC Commons Garden Club stand with pride next to their blooming vegetable garden. Members present are Sterling Wise, Aretha Moses, Harriet Lewis, President Rosa Rivers and Tommie Lewis.

The Douglas

The Douglas Garden Club will be having a Garden Tea Party in August. The garden will be in full bloom and will be the perfect setting for this grand affair. Watch for the date and more particulars.

* * *

The Garden Club, in memory of Mrs. Golden Johnson a deceased tenant and dedicated garden club member, has started a Memorial

Garden in the plot she always used for her garden.

Anyone wishing to donate a flower in memory please contact a garden member. What better way to remember someone?

Garden participants you are like your gardens — BEAUTIFUL!

* * *

It is once again vacation time. We wish you all a safe enjoyable summer.

Alma Hanks



Attention. Members of the newly formed NCC Security color guard stand ready to represent their group in parades and ceremonies whenever the need arises. They certainly look sharp in their new uniforms.

St. Rose Graduates Ready To Face Future



Graduates of St. Rose of Lima School who received special award medals at their recent graduation hold them proudly for all to see. Left to right are Owen C. Paris, Arthur Gilmore, Dawn G. Bell, Tommie L. Barnes and Len James.

On Sunday, June 9, nineteen graduates of St. Rose's class of 1985 received their diplomas at their commencement exercises. This class was perhaps the smallest graduating class in the school's history. However, the boys and girls who graduated made up a class of outstanding and talented students. Over half of them will be entering various Catholic and private high schools in Newark and the surrounding area. Two of them will be entering Arts High, while one has enrolled in Essex County Vocational and Technical High School for the fall.

Len James, II, delivered a valedictory address in which he recalled that each graduate had come to realize and appreciate that St. Rose's stands for honesty, integrity and academic excellence, and that these values should never be left behind.

Laurence Vaca, class salutatorian, had the privilege of introducing the keynote speaker, Mrs. Mary Smith, executive director of Babyland Nursery. Mrs. Smith stressed the significance of the love and caring that the parents gave during their children's years of academic study. She further commented that "each of you (graduates), in turn, should devote your talents and skills toward the betterment of society and toward helping your fellowmen. This dedica-

tion will be a true test in the end of your devotion and gratitude."

Those who received awards were:

FIRST HONORS - Antoine Williams, Greenwich Parfait, Al-Jabbar Shepard, Demesha Mack; **RELIGION** - Dawn Bell, Dwayne Adams; **ENGLISH** - Len James, Antoine Williams; **BIOLOGY** - Edward Roman, Greenwich Parfait; **MUSIC** - Demesha Mack; **ART** - Owen Parris, Tommie Barnes; **SERVICE** - Arthur Gilmore, Owen Parris; **CONDUCT** - Dawn Ward, Lawrence Vaca; **ATTENDANCE** - Tommie Barnes; **CITIZENSHIP** - Antoine White, Demesha Mack, Roxanne Stover; **EFFORT** - Shmaeya Saffold, Wayne Adams; **MERIT** - Alicia Brantley, Stan Black.

During the school year 1984-1985, the class adopted as their theme, "Knowledge comes but wisdom lingers." Their teacher, Miss Emerita Cabato characterized the class as being very special to her. "I try to make sure that before they leave St. Rose's they are prepared for high school and the outside world, by putting together all that they have learned in the course of their academic life. I am confident that these graduates are equipped and ready to face the realities of a secondary education."

Arthur A. Wilson
Principal

What Time Is It?

Webster's dictionary defines 'time' as the measured or measurable period during which an action, process, or condition exists or continues — a continuum in which events succeed one another from past through present to future — the point or period when something occurs — multiplied instances.

Time has been spent defining problems, articulating problems, and placing blame for problems. Now the focus must shift from how the problem came to be, to the question of how the problems are going to be solved. The solutions may be complex, varied, and difficult, and may not necessarily lend themselves to legislative involvement. Some of these problems we are going to have to solve ourselves.

Since the problem of so many babies born out of wedlock, many of them to adolescent mothers, has not been legislated away, we must instill in our youth respect for themselves in order to have dignity and moral maturity.

I Corinthians 6:13,19,20 12:27 states: "...the body is not meant for immortality ... know that your body is a temple of God ... glorify God in your body of Christ." When our youth learn to resist temptation they may rejoice and proudly say: "Christ will be honored in my body..." Phillipians 1:20.

A large percent of our youth do not graduate from high school. A larger percent lack skills for the technological labor market. Twenty percent of our neighborhood population over the age of fourteen years use some kind of narcotic: cigarettes or pills; marijuana or alcohol, etc. These problems we can do something about. Their solution does not need added legislation so much as parental, adult, and neighborhood involvement: example; good role model; precept; and practice.

What time is it?

It is time for parents to take more interest in the moral and spiritual growth of their children. "Seek ye

first the kingdom of God and all other things may be added, unto you."

There are two aspects to every strong life: rootage and fruitage. The roots must be good for the fruit to be good. The genesis of some problems lays in the fact that some people have not discerned the difference between what is right and what is wrong. They rationalize. Materialism and pleasure become paramount over morality, thus priorities become inverted and values thwarted.

The higher the desired structure be, the deeper must be the foundation. A house built on the foundation of the rock of Christian ethics withstands the waves and winds of adversity, temptation, drug abuse, and futility, while a house built on the sands of pleasure and sin succumbs and is destroyed. Herein lies the root of the problem. The richer the soil, the finer the crop; the stronger the home, the better will be its members.

The ship of opportunity is slowly moving away from the dock of life — and you can be a deck hand, try to become a captain, or be left on the dock as the ship sails away. It's up to you.

What time is it?

It is time to stop blaming your problems on someone else and face up to the fact that you are responsible for some of your problems, and only you alone can solve them. It is time to exert our energies to prevent and eliminate those immoral and destructive practices and forces in our lives and in our neighborhood. It is time to live in such a manner so as to be good examples and good role models for those about us. It is time to remove those habits ruinous to our spiritual and physical health. It is time to pray, and to unite our prayers with apostolic actions.

What tie is it?

It is time to take Jesus Christ into our lives and live accordingly.

Lewis Graves
Springfield Branch
Newark Public Library

NCC Student Achieves Academic Honors

Sophia Davis, a resident of NC Gardens Family, was awarded academic honors at the graduation ceremony at Newton Street School in Newark, on June 25th, by principal Willie Thomas. This ceremony marked the completion of elementary school.

Sophia is 14 years of age and is a volunteer youth worker for the Youth Department of NCC Social Services. She has worked with this department for the past four years.

Sophia has one brother, Danny. Her mother Mrs. Mary Davis is employed by Babyland Nursery.

Sophia tells us that she would like to be a computer analyst when she completes her education.

New Community graduates from Class of 1985 at Newton Street School are:

Darryl Blaine	Victor Hunt
Victor Bowman	Sherlane Jeter
Robert Boykins	Sharonda Johnson
Terrell Brantley	Melvin Kennedy
Celeste Bryant	Clay Lea
James Cameron	Keith Little
Arteeze Collins	Talia Mackey
Larkeese Collins	Scott McKenzie
Miguel Cortes	Richard McQueen
Sophia Davis	Ulitha Meachem
Carl Drew	Tamika Motley
Palford Drye	Tosha Perry
Jill Falana	Veronica Peterson
Daphne Fleming	Anthony Pierce
Craig Garmony	Terri Rayner
Dwayne Garrison	Tijuana Rogers
Miguel Gomez	Shareen Rucks
Carmen Gonzalez	Tonia Singleton
Lawrence Hall	Randy Smith
Yolanda Hughes	Shirene Smith
Ronda Weston	Norice White



Newton Street School students who received certificates of achievement for academic excellence from the Newark Club of Frontiers International pose for pictures. Left to right are Terrell Brantley, Victor Bowman, Victor Hunt, Sophia Davis, Atif Tilman, Andrea Harell, Tonia Singleton and Celeste Bryant. At right is William L. Stubbs, President of the Frontiers Newark Club and in rear is George Alford Past President. Frontiers was founded in 1936 to meet various civic and community needs and has adopted the school with the aim of encouraging academic excellence.